

Avocado Deviled Eggs

Add some zip to a classic recipe with these Deviled Eggs

Recipe Type: Appetizer, Holiday, Side Dish, Snack

Degree of Difficulty: Easy

Ingredients

12 each hard-boiled eggs
1 each avocados, peeled & pitted (medium)
1/3 cup mayonnaise
2 tsp lemon juice
1 pinch salt
1 pinch pepper
1 pinch paprika



Directions

- 1 Place eggs in large sauce pan and cover with cool water about 1" above eggs
- 2 Bring water to a boil over medium heat.
- 3 Once water is boiling, remove pan from heat. Cover and let sit for 12 - 15 minutes.
- 4 Run eggs under cool water.
- 5 Peel eggs and cut in half lengthwise.
- 6 Remove yolks from 6 eggs. Discard remaining yolks or save for another time for another recipe.
- 7 Add avocado to yolks. Mash with a fork.
- 8 Add the mayo, lemon juice, salt and pepper. Stir well.
- 9 Spoon the yolk mixture into a sandwich bag and squeeze to the bottom.
- 10 Cut a small hole at the corner of the bag and pipe the mixture into the egg whites.
- 11 Garnish with paprika.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Total Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 138 calories, 10.4g total fat, 2.5g saturated fat, 213.8mg cholesterol, 142.3mg sodium, 3.6g carbohydrates, 1g fiber, 1.1g sugar, 7.5g protein.

Servings: 12

Yield: 24 Deviled Eggs

Weight Watchers Points

Note: The eggs and lemon juice nutrition information is not included in the Freestyle SmartPoints calculation.

Orig. WW Pts: 3

Points Plus: 4

Smart Points: 4

FreeStyle Smart Points: 2